

# GRIEF IN THE SEASON OF JOY

*Living with Beloved Ghosts.*

## REMEMBER:

*Grief doesn't pause for the holidays. It's okay to feel both sorrow and gratitude, to laugh and to miss, to be still and to celebrate.*

## GENTLE REMINDERS

- *Grief and joy can coexist.*
- *There's no right way to celebrate or not celebrate.*
- *You are not alone in your missing.*
- *Your love is sacred and enduring.*

## PRACTICES OF COMFORT

- *Light a candle in memory.*
- *Create a small ritual of remembrance.*
- *Write a letter to your loved one.*
- *Speak their name with love.*
- *Let tears and laughter share space.*

## REFLECTION:

*"This year, I'll honor my loved one by..."*

HOPE GROWS THERAPY & CONSULTATION  
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AT NO. 113, EAST BRIDGE STREET, WETUMPKA